

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 12, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



PWOC Bible study tonight

Protestant Women of the Chapel invite all women to the Fall Kick-off Program: "Prepare for the Bridegroom," 9 to 11:30 a.m., Sept. 6, at the APG Main Post Chapel Fellowship Hall.

Fall studies include "Falling in Love with Jesus," The Search for Significance" and "You're Late Again Lord."

For more information, call Chaplain (Maj.) Fred MacLean at the APG Main Post Chapel, 410-278-4333.

TSP offers subscription service

The Thrift Savings Plan now offers an e-mail subscription service for plan news and information. To subscribe, go to www.tsp.gov under "NEW - Get e-mail updates."

Blue Cross visits APG

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit APG Sept. 11. The representative will be available 9 to 11:30 a.m. in building 305, room 236 and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, 410-278-4331.

BJ's membership sale

BJ's Wholesale Club offers a 15-month membership, to include two cards for \$35 for all civilian and military personnel, retirees and contract employees.

Sign up for membership 11 a.m. to 4 p.m., Sept. 14, at the Aberdeen Recreation Center, building 3326.

This offer is good for new customers and for membership renewals.

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IronBirds salute APG during second annual Military Appreciation Night

Story by
YVONNE JOHNSON
APG News

The Aberdeen IronBirds commemorated the second annual Military Appreciation Night at Ripken Stadium by wearing camouflage jerseys and including Aberdeen Proving Ground service members in their pre-game ceremonies Aug. 16.

Maj. Gen. Fred D. Robinson, commander of APG and the U.S. Army Research, Development and Engineering Command threw out the ceremonial first pitch to co-owner and former major leaguer Bill Ripken and the U.S. Army Ordnance Mechanical Maintenance School provided the color guard.

Ripken presented Robinson with a plaque thanking all for their service and a banner honoring the 90th anniversary of APG hung from the stands during the game.

Along with APG Garrison commander Col. Jeffrey S. Weissman and Garrison Command Sgt. Maj. Pedro Rodriguez, also in attendance were hundreds of APG service members and their Family members who received complimentary game tickets from Ripken Baseball.

"Ripken Baseball gave out a lot of free tickets and did a pretty nice job of making our Soldiers feel appreciated," Rodriguez said. "It was a great event."

The IronBirds signed their jerseys then raffled them off after the game and announced that proceeds would go to the Army Emergency Relief fund which supports military personnel worldwide.



The Ordnance Mechanical Maintenance School color guard is shown on the jumbotron as from left, Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command; Bill Ripken, co-owner of the Aberdeen IronBirds; manager Andy Etchebarren and the rest of the IronBirds honor the flag during the Military Appreciation Night pre-game ceremony at Ripken Stadium Aug. 16. See more photos on page 12.

Photos courtesy of RIPKEN BASEBALL

203rd Military Intelligence Battalion holds open house

Story and photos by
HEATHER TASSMER
APG News

The 203rd Military Intelligence Battalion held a Technical Intelligence Capabilities Day or open house Aug. 10 and 11 for their partners and future Soldiers to provide an overview of the battalion's capabilities and missions at Aberdeen Proving Ground.

The battalion conducts battlefield exploitation of weapons, equipment and other materiel found, captured or acquired within a theater of operations.

On Aug. 10, military intelligence employees and representatives of coalition partners from the United Kingdom,

Australia and Canada visited their counterparts at APG.

During a briefing, Lt. Col. Avery Penn II, battalion commander, welcomed the visitors to the first TECHINT Capabilities Day.

Penn said that the battalion used to hold a lot of open houses 15 years ago and that he plans to hold a TECHINT Capabilities Day each year.

He said for some of the visitors, the day would be a review, but judging by the youthfulness of some attendees, it would be an educational overview for many of them.

"The purpose of today is to network with you," Penn said. "When we go over to Iraq, we

rely on what you produce."

He thanked the battalion's coalition partners.

"When you're out there on the range in the vehicles, remember that several time zones away there are people doing the real deal," Penn said.

Cpt. Jared Hoffman, company commander, gave an introduction of the battalion's missions.

Hoffman said the TECHINT missions are to derive "intelligence from the collection and analysis of threat and foreign materiel, prevent technological surprise by the enemy and develop countermeasures to neutralize an adversary's technological advantages."

Hoffman said the battalion has served three deployments since Operation Iraqi Freedom.

On the first deployment, the battalion served at the Joint Captured Materiel Exploitation Center, and on a separate deployment, the Soldiers served in weapons intelligence teams, Hoffman said.

The 203rd also deploys mobile training teams to provide assistance to Marines and other Army units, Hoffman said.

"This is a very unique unit," Hoffman said. "It is made of active component and reserve Soldiers."

Lt. William Wilson, company executive officer, gave a briefing to educate visitors

about safety while riding on the foreign vehicles.

At the 203rd's vehicle range, the visitors had the opportunity to ride Soviet and Russian vehicles.

Hoffman said it is important for Soldiers to be able to start and operate the vehicles if they encounter them in Iraq.

He also discussed the difference between U.S. and Soviet vehicles.

"Most of the U.S. equipment is of higher caliber," he said. "Soviet vehicles are dangerous equipment and don't have the safety features like U.S. vehicles."

Hoffman said operating the

See **OPEN HOUSE**, page 2

Montgomery Gentry to rock Sept. 29 concert

Story by
YVONNE JOHNSON
APG News

One of Country's biggest recording duos, Montgomery Gentry returns to Aberdeen Proving Ground for the 2007 Army Concert Tour Sept. 29.

Special guests include Joe Nichols ("What's a Guy Gotta Do" and "Tequila Makes her Clothes Fall Off") and Shaunna Bolton, the young songwriter-turned singer who wrote Jo Dee Messina's "Not Going Down" and recently released her first CD.

Tickets cost \$25 in advance, \$30 the day of the show. Gates open 6 p.m. and the show starts 7 p.m.

For tickets, call 410-278-4907/4621/4011; MTY 410-278-4110; e-mail MWR-LeisureTravel@apg.army.mil or call Ticketmaster at 800-551-SEAT.

The concert is lawn seating, rain or shine and no refunds.

Montgomery Gentry

Eddie Montgomery and Troy Gentry sold out their first APG concert weeks in advance in 2004. Since their debut in 1999, Montgomery Gentry has been a cornerstone of the most important movement in country music since the Outlaws. Just as Waylon, Willie and the rest kicked open the genre's doors in the 1970s, Montgomery Gentry has helped kick-start 21st century country.

Theirs is a world of blue-collar anthems, tales of life, work, love, loss and patriotism balanced by the hard-partying spirit that takes the edge off.

"People recognize the realism in our music," Gentry said. "We're not trying to candy coat anything. Who we are is who we are. It's all about being real, being yourself and playing real music to the people."

For Montgomery Gentry, the upshot of that connection with their audience



Photo by YVONNE JOHNSON
Eddie Montgomery and Troy Gentry belt out a song for fans during their first concert for Aberdeen Proving Ground fans at Shine Sports Field in 2005.

Army reservist named Woman of the Year during FWP program

Story by
YVONNE JOHNSON
APG News

The Federal Women's Program named Sandra L. Alvey of the U.S. Army Environmental Command as its Outstanding Woman of the Year during the annual Women's Equality Day Awards Program at the Edgewood Conference Center Aug. 22.

A lieutenant colonel in the Army Reserve with 20 years of service, Alvey is a civilian medical entomologist who is being activated to serve for one year as deputy commander to the U.S. Army Center for Health Promotion and Preventive Medicine - Pacific Command at Camp Zama, Japan.

As the USAEC senior pest management consultant, Alvey implemented programs such as Integrated Pest Management in Child Development Centers, which directly protects children and improves the quality of life for Soldiers and their Families.

"As chair of the Armed Forces Pest Management Board, she has inspired a level of cooperation and communication between board members rarely seen in past years," said Diane Siler, APG FWP chairperson, and the mistress of ceremony.

Louise V. Beyer, U.S. Army Aberdeen Test Center was selected Supervisor/Manager of the Year "for her dynamic leadership and mentoring of countless employees," Siler said.

"As a new supervisor, her contributions toward the development and training of women within the Aberdeen Test Center are unprecedented," she said.

The award for Activity Most Supportive of FWP Goals went to CHPPM.

Siler said that CHPPM has a significant number of female military officers and civilians who serve as directors, program managers and in other leadership and management positions.

"Almost half of the civilian female employees work in professional series career programs," Siler said.

The theme for the program was "Generations of Women Moving History Forward" and it included displays and slideshow tributes titled "Women in Times of National Crisis" and "Women with Decades of Federal Service."

The host was Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command.

Siler welcomed all, noting that it was the 22nd year that APG had held the celebration.

"This year is even more special because, as we observe APG's ninetieth anniversary, we also honor women in times of national crisis and women with decades of federal service," Siler said.

The slideshow recognized longtime APG employees as well as civilian and military women from APG who have been deployed in support of any conflict. It recognized Laverne Ogieste, an RDECOM employee who was working in the World Trade Center in New York on Sept. 11, 2001 and Army Capt. Maria I. Ortiz, a Kirk U.S. Army Health Clinic nurse who was killed in Iraq July 10, 2007. Ortiz was the first Army nurse killed in a war zone since the Vietnam War. Also recognized were Louise Letendre, a U.S. Army Research Laboratory librarian who served in Vietnam and whose uniforms were on display, and Dr. Margaret Filbert, U.S.

See **WOMEN**, page 9

See **CONCERT**, page 3

BOSS members visit, speak with Armed Forces Retirement Home veterans



Sgt. Eugenia Richards, president of APG's Better Opportunities for Single Soldiers, talks with Earl Sherman during a visit to the Armed Forces Retirement Home Aug. 15.

Story and photo by
HEATHER TASSMER
APG News

Better Opportunities for Single Soldiers members visited the Armed Forces Retirement Home in Washington, D.C., Aug. 15 to speak with veterans and tour the home's facilities.

The BOSS program involves engaging Soldiers with three mind-sets: life/well-being, recreation and leisure and community service. BOSS members visit the home every quarter of the year as community service

projects.

Sheila Motley, public affairs officer, took BOSS members on the tour of the AFRH where they had a chance to speak with several veterans about which branch of the military they served in, how many years they spent in the military and anything else the veterans wanted to discuss.

Motley said that the BOSS visit gives the Soldiers and veterans a chance to interact and share experiences.

"It allows the two generations to

meet and share a golden opportunity to connect and share their military experiences," she said. "For those residents who do not have immediate Family members to communicate or visit with, having the BOSS members visit them personalizes their military history knowing that they have not been forgotten."

BOSS members toured the recreational therapy center, occupational therapy center, physical therapy, fitness center, Post Exchange, ceramic area, bowling alley, the theater, wood shop and library.

The retirement home provides independent living as well as assisted living. One of the independent living residents, Chuck Jones, talked with and showed the BOSS members his room.

Several residents said they enjoyed the BOSS members' visit.

"It's a good idea," said Charles Bruce, a resident who said he served 20 years in the U.S. Air Force. "The more people come [to the home] the better. Some people need visitors."

Frank Goldsmith, a resident who retired from the Army, said he also thought the visit was a good idea and that it left him with a good feeling.

"It's great," Goldsmith said. "I like to meet people and see smiling faces. It makes you feel good."

The highlight of the trip for Garrison Command Sgt. Maj. Pedro Rodriguez, was eating lunch with Royce Pickel, one of the original members of the Band of Brothers, the "Easy Company" of the 506th Infantry Regiment who fought along with the 101st Airborne Division and parachuted into France on D-Day during World War II.

Pickel said he is mentioned briefly in the 10-part television mini-series because he injured his leg during a parachute jump.

Pickel gave Rodriguez two photos. One was of Pickel when he was 24 and the other was a group photo of the parachute infantry group.

Pickel said it was "great to meet the sergeant major."

Rodriguez said he learned from some of the AFRH staff members that the home is "hurting for volunteers."

"It's not that they need help with tasks around the home," Rodriguez said. "They said that talking with the residents is better because some don't get many visitors."

Sgt. John Keister, a French horn player from the 389th Army Band (AMC's Own), said he enjoyed seeing what goes on at the home.

"It was nice to visit with the vets and see how their lives are going," Keister said.

He said it was also interesting to see the equipment used in the physical therapy areas.

Sgt. Eugenia Richards, BOSS president, said visiting with the veterans, is an emotion that "goes beyond feeling great or proud."

"To hear how a ninety-two-year-old veteran can still be so full of pride, energy and love for what he has done is phenomenal," Richards said. "The sparkle in their eyes, the glow on their faces, the honor in their voices and the compassion in their hearts is an emotion of glory and of honor. I felt blessed to be in their presence."

She said other Soldiers should go on the trip "to learn to be humble and appreciate what we have in this great country and what they have done for us...to see the shining faces of yesterday's men and women who fought for us to be free."

Motley said AFRH's Volunteer Services has started a new program, "Adopt a Project," that provides volunteers with a variety of opportunities to interact or spend time with the residents.

She said that one of the projects is a monthly dining event for the residents.

"Volunteers will be needed for the upcoming holiday season," Motley said. "Last year [more than] three-hundred and fifty volunteers were here for the month of December to help decorate and socialize with

the residents for the holiday season, and we look forward to increasing our volunteers this upcoming holiday season. Volunteer projects are done during the week and on the weekends."

For more information about volunteering, contact Melodie Menke, director of Volunteers Services at volunteer@afrh.gov.

The next BOSS trip to AFRH is Nov. 14. The group will depart from the APG North Recreation Center at 6:30 a.m.

For more information about BOSS, contact Richards, 410-278-2709.

About the AFRH

"The Soldiers Home" was established in 1851 as an asylum for old and disabled veterans, according to the AFRH Web site, <http://www.afrh.gov/afrh/afrhome.htm>.

Two buildings on the AFRH grounds, Quarters 1 and the Lincoln Retreat, "served as the summer White House for U.S. presidents Chester Arthur, Rutherford B. Hayes, James Buchanan and most notably Abraham Lincoln," claims the Web site.

Another site of the AFRH at Gulfport Campus in Mississippi is being rebuilt because it was damaged during Hurricane Katrina, Motley said.

"Plans are underway with the U.S. General Services Administration to rebuild [the Gulfport Campus] by 2010," according to the Web site.

Fifty cents out of each active duty service member's paycheck is used for the home.

"Each year the AFRH Trust Fund receives approximately seven million dollars in revenue from the active duty payroll deductions of fifty cents per month," Motley said. "This represents approximately ten percent of the agency's annual revenue."

For more information about the AFRH, visit <http://www.afrh.gov/afrh/afrhome.htm>.

America's Army to launch new video game

Story by
ELIZABETH M. LORGE
Armed Forces News Service

America's Army will declare war on the fictional country of Ganzia Sept. 27 when it launches "True Soldiers" for X-Box 360, the latest evolution of the popular Army-sponsored computer game.

Players create a Soldier, go to basic and advanced weapons training, then deploy to Ganzia, an American ally overrun by a rebel militia. Each mission comes complete with a set of battle orders providing background information, objectives and intelligence.

True to its name, "True Soldiers" accurately depicts the Army, from the smallest unit patch

to the shadow of a Raven unmanned aerial vehicle. Players can even give each other "coins" for saving a battle buddy and receive awards for valor.

Training and marksmanship tests reflect real Army standards, and uniforms, guns and other equipment model the real thing.

"We have all these weapons in our studio and artists can actually model them and texture them to make them look as real as possible," said Randy Greenback, creative director for the game. "Thanks to the Army, all of our developers were trained on how to reload and fire weapons, and we actually went out and did some training at Fort McClellan, Ala. We put everything we

learned and experienced into the game."

The game focuses on leadership and teamwork so groups play together as units, but players may also participate individually.

"True Soldiers" is filled with background information on ranks, units, specialty occupations and the core Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"True Soldiers" also tells the stories of "America's Army: Real Heroes," six real Soldiers who received a Silver Star or Bronze Star with Valor for heroism in combat.

The program is scheduled to release four action figures of the Soldiers in Toys "R" Us stores by

the end of August and two more later this year.

"It's a great way to tell our stories," said real hero Sgt. Tommy Rieman, who will literally be the face of the game. "It's an honor and it's pretty cool."

"This is all very authentic, even down to the face paint, the goggles," he added. "This is one portion we bring to the table. We show them this is what a Soldier looks like and then the designers go in and put it into the game and you have the United States Army."

Parents concerned that the game is a little too life-like can set the program to use non-lethal training ammunition only. Enemy Soldiers will simply sit down after being shot.

Open House

From front page

vehicles is also a challenge because the insides are smaller.

During the open house, visitors also had a chance to fire foreign weapons such as an Iraqi pistol, Iraqi Tariq and a Chinese AK47.

Col. Omer Lavoie, a Canadian counterpart, said attending the battalion's Capability Day was very "worthwhile."

"It was insightful and worthwhile to network with the coalition contacts," Lavoie said. "We appreciate the capabilities in the U.S. that we are looking at developing in Canada."

On Aug. 11, the 203rd held a barbecue where Families could talk with personnel and recruiters to learn more about the Army.

Capt. Kwok Chan, a recruiter from Baltimore, brought the America's Army game, a laser shot system game that simulates combat and training so that Families and new recruits could get a perspective of what Soldiers experience. (See article above.)

Mike Carl, a new Army recruit from Middle River, said he attended to learn more about the Army.

"I'm checking out what I'm getting myself into," Carl said.

The 203rd's Soldier's Family members also spent some time at the barbecue.

Andrea Christian from Pasadena attended the event with her husband, Staff Sgt. Matthew Christian, a 203rd Reserve Soldier, and their 5-year-old daughter, Liana.

"We are relaxing and supporting the unit today," Andrea Christian said.

Rose Smith, a former member of the 203rd, attended the event with her husband Staff Sgt. Dwayne Smith.

"It's been great seeing all the people back from Iraq," Rose said.

Pfc. Michael Lloyd said he was enjoying hanging out with his fellow Soldiers and showed pride for the battalion.

"The 203rd maintains excellence in all they do," Lloyd said.

Hoffman said that he has received positive feedback from the open house attendees.

"Most found the day very educational," Hoffman said.



Photo by RON CAMPBELL, ONI
Military visitors experience riding a Russian vehicle during the 203rd Military Intelligence Battalion's Technical Intelligence Capabilities Day Aug. 10.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

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Preventing backpack-related injuries in children

National Safety Council

Overloaded backpacks used by children have received a lot of attention from parents, doctors, school administrators and the media in the past several years.

According to the U.S. Consumer Product Safety Commission there were more than 21,000 backpack-related injuries treated at hospital emergency rooms, doctors’ offices and clinics in the year 2003. Injuries ranged from contusions, to sprains and strains to the back and shoulder and fractures.

“Back pain in children is not so uncommon anymore,” according to John Purvis, MD, pediatric orthopedic surgeon. “Orthopedic surgeons nationwide have seen an increase in children visiting their offices complaining of back and shoulder pain. If a child complains of back pain, parents should consider that it might be due to the backpack or perhaps something more serious. Back pain that persistently limits a child’s activities, requires medication or alters sleep patterns warrants investigation.”

The American Academy of Orthopedic Surgeons recommends that a child’s backpack should weigh no more than 15 to 20 percent of the child’s body weight. This figure may vary, however, depending on the child’s body strength and fitness.

While some experts disagree on whether heavy backpacks are the source of back pain in children, most agree that using good judgment when wearing one will reduce the risk of backpack-related injuries. It is important to partner with children on the selection, packing and caring of the backpack.

Warning signs a backpack is too heavy

- Change in posture when wearing the backpack
- Struggling when putting on or taking off the backpack
- Pain when wearing the backpack
- Tingling or numbness
- Red marks

Tips for safe backpack use

- Wear both straps
- Use of one strap shifts the weight to one side, causing muscle spasms and low back pain. This is true even with one-strap

backpacks that cross the body. By wearing two shoulder straps, the weight of the backpack is better distributed, and a well-aligned symmetrical posture is promoted.

Wear the backpack over the strongest mid-back muscles

The size of the backpack should match the size of the child. It is also important to pay close attention to the way the backpack is positioned on the back. The backpack should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and permit free movement of the arms. Make sure that the straps are not too loose and that the backpack does not extend below the low back.

Lighten the load

A heavy backpack forces the wearer to bend forward. Choose to carry only those items that are required for the day. Each night remove articles that can be left at home. When organizing the contents of the backpack, place the heaviest items closest to the back to reduce kinetic forces that cause postural misalignment and overwork muscles.

Use proper lifting techniques

Bend at the knees and use the legs to lift the backpack placing one shoulder strap on at a time.

Tips for selecting a backpack

Choose ergonomically designed features that enhance safety and comfort.

A padded back will reduce pressure on the back, shoulders and under arm regions and enhance comfort.

Hip and chest belts transfer some of the backpack weight from the back and shoulders to the hips and torso.

Multiple compartments better distribute the weight in the backpack. Keep items secure and ease access to the contents.

Compression straps on the sides or bottom of the backpack stabilize the articles and compress the contents so that the items are as close to the back as possible.

Reflective material will enhance visibility of children to drivers at night.

Concert

From front page

has resulted in hit after hit.

“Some People Change,” the leadoff single and title track from their latest CD, became the fastest-rising in their already impressive catalog. It followed “She Don’t Tell Me To,” the single from 2005’s greatest hits collection, Something To Be Proud Of: The Best of 1999-2005, a song that hit the Top 5 on the country charts, while the album’s title track reached #1 on both the Billboard and R&R singles charts. In addition, the pair was CMT’s Most Played Duo of 2005.

Now, with “Some People Change,” Montgomery Gentry takes yet another important step forward. It is an incredibly rich collection that reflects the continued maturing of Montgomery Gentry on a number of levels. First, there is deeper exploration of the issues they have always deemed important.

“If you look at the direction Montgomery Gentry has gone,” Gentry said, “we started out with the hard-driving, in-your-face, honky-tonk, hell-raising style of “Tattoos & Scars” and “Carrying On,” and carried that over into more of a working man’s album on “My Town.” We spoke a lot about our military, the places we grew up, the good and bad, songs Americans could listen to and identify with. This album goes even farther and brings it back to Family and religious beliefs, and keeps those ties to the military. We talk about our life growing up,

about maturing, and reflecting on where we’ve come from.

“We’re always trying to better ourselves both in the studio and on stage,” Gentry said. “We keep honing our skills from doing it so often, but really, we’re a work in progress.”

The duo has deepened their relationship with some of Nashville’s best songwriters, including Rivers Rutherford and Jeffrey Steele, who co-wrote seven of the album’s songs along with veteran producer, Mark Wright.

The CD’s singles include “Hey Country,” “Tears Are Comin’,” “Redder Than That,” “Free Ride In The Fast Lane” as well as the father-son epic “Twenty Years Ago.”

If the continued rise in quality is evident throughout the CD, it is certainly not coincidental.

The Montgomery brothers and Gentry joined forces in

a band called Young Country until John Michael landed a record deal. His brother joined his band and Gentry went solo, winning the national Jim Beam Talent Contest in 1994. When Eddie returned to Kentucky, he and Gentry found themselves on stage together at various charity concerts and they decided to get back together.

“It just seemed like the more we were playing together around town, the bigger our following got,” Gentry said.

Nashville heard the buzz, and Columbia Records signed them. A string of hits soon followed, including “Hillbilly Shoes,” “Lonely And Gone,” “Daddy Won’t Sell The Farm,” “She Couldn’t Change Me,” “My Town,” “Speed,” “Hell Yeah,” “Gone” and “If You Ever Stop Loving Me.”

They have performed for more than a million fans and prior to headlining tours, they

were on Kenny Chesney’s “No Shoes, No Shirt, No Problems” tours in 2002 and 2003, and the Brooks & Dunn Neon Circus & Wild West Show in 2001. They were named the Country Music Association’s Duo of the Year in 2000, and received that year’s American Music Award for Favorite New Artist--Country, the Academy of Country Music Award for Top New Vocal Group or Duo, and the 2000 and 2001 Radio & Records Readers’ Poll award for Top Country Duo.

As impressive as their past has been, their future looks even brighter.

“It’s just amazing how the crowds keep getting bigger,” Gentry said. “They know all the hits. They’re singing along with us. It’s just incredible.”

Community Notes

**FRIDAY AND SATURDAY
SEPTEMBER 7
and 8
MARGARITA NIGHT**

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6:30 to 8:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person (21 years of age or older). The historical oyster dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted. For more information or for reservations, call 410-939-4078.

**FRIDAY
SEPTEMBER 7
TOASTMASTERS
50TH ANNIVERSARY**

Gunpowder Toastmasters Club 2562, Toastmasters International cordially invites

everyone to their 50th Anniversary Recognition Ceremony, 6 to 9 p.m., at the Golden City Super Buffet, located in the Edgewater Shopping Center, 1845 Pulaski Highway, Edgewood. The event will be held in conjunction with their Fall Humorous Speech Contest. For more information or to RSVP, call Stephen Fine, 410-638-2290 (home), 410-436-1427 (office), 410-937-9659 (cell), or e-mail stephenfine@comcast.net.

**SATURDAY
SEPTEMBER 8
20TH ANNUAL DUCK
FAIR**

The Havre de Grace Decoy Museum and the Bayou Condominium Grounds will hold the 20th Annual Duck Fair, 9 a.m. to 5 p.m. at the Havre de Grace Decoy Museum located on 215 Giles Street. The fair will feature carvers and wildlife artists, photography exhibits, crafts and games for children, a live auction featuring antique and contemporary decoys, silent auctions and sporting goods and carving supplies. Admission is free. For more information, call Margaret Jones, 410-939-3739.

**SUNDAY
SEPTEMBER 9
SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations can be made with credit card. For more information or for reservations, call 410-939-4078. Call for departure times. For more information or for reservations, call 410-939-4078.

**TUESDAY
SEPTEMBER 11
CADILLAC
INVITATIONAL GOLF
TOURNAMENT**

The National Kidney Foundation of Maryland will hold its annual Cadillac Invitational

Golf Tournament, 9:30 a.m., at Bulle Rock Golf Course, Havre de Grace to benefit local kidney patients. The winning foursome qualifies for "National Finals" at TPC Sawgrass in Ponte Vedra, Fla. A 'helicopter ball drop' at Bulle Rock is scheduled before the shotgun start. Numbered golf balls will be raffled off before and during the tournament. The golf ball that gets closest to the hole will win. Participants need not be present to win.

A pre-event party will be held 7 to 11:30 p.m., Sept. 10, at the Havana Club, Baltimore. For more information, call Kelly Meltzer, director of Special Events, 410-494-8545 or e-mail kmeltzer@kidneymd.org.

**BACK TO SCHOOL
NIGHT**

The Scholarship Committee of St. James A.M.E. Church, 617 Green Street, Havre de Grace, will host back to school night, 6 p.m. Parents and children are encouraged to attend this event to learn how to submit college applications and to find out how to schedule meetings with teachers and school administrators. Children ages preschool through high school may attend with their parents. School supplies will be given to students who attend. For more information, call 410-939-2267.

**WEDNESDAY
SEPTEMBER 12
BRAC TOWN HALL
MEETING**

The public is invited to attend the quarterly meeting of the BRAC Planning Action Committee, 6:30 to 8:30 p.m., in the Edgewood High School Auditorium. County Executive David R. Craig will moderate the meeting and Congressman C. Dutch Ruppersberger (D-Dist. 2) will also attend. James C. Richardson, director, Office of Economic Development and BPAC subcommittee chairmen will give presentations. Topics include updates on land use; transportation and infrastructure; education, technology, and workforce development and public safety. Aberdeen Proving Ground officials will also provide updated informa-

tion. The audience is encouraged to submit questions to the County Executive. For more information, call the Harford County Office of Economic Development, 410-638-3059. To request disability-related accommodations to attend this event, call the disabilities coordinator, 410-638-3373 at least five business days in advance of the meeting.

**'VIETNAM
REMEMBERED' FILM
SHOWING**

Documentary filmmaker Larry Cappetto returns to Harford County for the viewing of his latest film in the "Lest They Be Forgotten" series, "Vietnam Remembered," 6 p.m., at the Amoss Center for Performing Arts, Harford Community College, 401 Thomas Run Road, Bel Air. Parts of the film were shot in Harford County and it features Harford County veterans.

WBAL radio personality Alan Walden will emcee the event. A pre-event mixer and memorabilia display begins at 6 p.m. and the film begins at 7 p.m. The event is free and open to the public and veterans are encouraged to wear their service medals, ribbons or organizational attire. For more information, contact Howard McComas IV, 410-676-4600 or e-mail howardk@mccomasfuneral-home.com.

**THURSDAY
SEPTEMBER 13
SUNSET CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children under 10 years of age. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations can be made with credit card. For more information or for reservations, call 410-939-4078. Call for departure times. For more information or for reservations, call 410-939-4078.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Post Shorts

Renewal membership holders should bring their current card with them.

MCSC welcomes Reva Robinson

The Military and Civilian Spouses’ Club will welcome Reva Robinson, wife of Maj. Gen. Fred Robinson Jr., 11:30 a.m., Sept. 13, at Top of the Bay. Cost of the event is \$12 per person and includes oven roasted chicken or beef tips. Dress is informal and is open to all.

For more information or to RSVP by Sept. 6, call 410-272-7212.

Perry Point hosts veterans benefits seminar

The VA Maryland Health Care System and the Chesapeake Health Education Program will co-host a special VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar for community social workers, care providers and health care professionals 8:30 a.m. to noon at the Perry Point VA Medical Center in the theatre, building 314.

Representatives from VAMHCS will discuss VA health care eligibility and enrollment, outpatient care, pharmacy benefits and other health care programs available through VA. Representatives from the VA Cemetery and VA Regional Benefits Office also will be available to discuss VA benefits available to veterans and their family members.

Attendees will learn about VA health care services, the process for referring veterans to VAMHCS and eligibility criteria for VA health care. This free event is open to all community health providers, veterans or interested persons who want to learn more about VA health care benefits. To register, call 410-642-2411, ext. 6096.

Retired Federal Employees’ meets Sept. 18

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. in Havre de Grace United Methodist Church social hall, 101 Union Avenue, Havre de Grace. A light lunch with potluck will be served.

Guest speaker Chad Tate will discuss “How Mortgage Brokers Work,” which includes sub-prime loans, what they are and what is the danger; what is the source of the money; and who “holds the bag” if the borrower can’t pay.

The business meeting will follow at 1:15 p.m.

For more information, call 410-939-3973.

Thrift Shop to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and

military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans’ organizations.

Mail or drop off requests to APG Thrift Shop, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Everyone is reminded not to use the area in front or to the back of the shop as a dumping site. The Thrift Shop only wants items that are in good as new condition.

NFFE Local 178 holds monthly meetings

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend monthly meetings 11:30 a.m. to 12:30 p.m., building E-4415 (RDE-COM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Sept. 20 and Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Personnel System) update.

For more information, call 410-436-3942 or e-mail local178@apg.army.mil.

Reminder: Vehicle storage in housing areas

Personnel occupying quarters on Aberdeen Proving Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas.

Vehicles in violation are subject to impoundment at the owner’s expense.

Harford County job fair

The Army Community Service Employment Readiness Program and the Susquehanna Workforce Network will join Harford County in presenting a job fair 2 to 6 p.m., Oct. 4, at the Richlin Ballroom, Ramada Inn and Conference Center on Van Bibber Road in Edgewood. Industry leaders in health-care, food service, finance, education, emergency services, manufacturing, and other fields, as well as the APG Civilian Personnel Office and several government contractors will be on hand.

Dress for success, bring plenty of resumes and be prepared to fill out applications.

For more information, call Marilyn Howard, ERP manager at 410-278-9669, or visit the Susquehanna Workforce Web site, <http://www.swnetwork.org>.

Volunteers needed for research studies on hearing

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies.

Interested volunteers should contact Martha Dennison, 410-278-5918, or e-mail mjdennis@arl.army.mil.

Register for the 2007 Combatant Commanders Workshop

John J. Young Jr., acting under secretary, Acquisition, Technology and Logistics and R. Paul Ryan, administrator, DoD Defense Technical Information Center will host the 2007 Combatant Commanders Workshop, Oct. 29 and 30 at the “Lighthouse,” Center for Innovation, 8000 Harbor View Boulevard, Suffolk, Va.

The topic of the workshop is “Rapid Technical Support for the Warfighter.” Military

officers, colonels and above and civilians, GS-14 and above are eligible to attend. There is no registration fee associated with this workshop. Workshop attendees are responsible for travel and lodging costs.

The purpose of the workshop is to improve CoCOM awareness of technology information, and align force providers technical information needs with the DTIC tools, Research and Engineering Portal, Information Analysis Centers and Scientific and Technical Information Network.

Questions, issues or suggestions can be e-mailed to the workshop coordinator at DTIC-CoComWorkshop@dtic.mil.

For more information or to register, visit Web site <https://www.enstg.com/Invitation> and enter code 20069924.

Registration open for UMUC Fall 2007

Registration has begun for the University of Maryland University College Fall 2007 semester, which begins Sept. 4. APG will offer IFSM 300 Information Systems in Organizations, 6:30 to 9:45 p.m., Wednesdays and WRTG 394 Business Writing, 6:30 to 9 p.m., Tuesdays. Additional classes are available through distance education formats.

For more information or to register, visit the APG office of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available at www.umuc.edu.

OSJA Client Services changes hours

In order to better serve the APG community, the Client Services Division has changed its hours to Monday through Friday, 8 a.m. to 1 p.m. For more information, call 410-278-1583.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)



Understanding the root canal procedure

Academy of General Dentistry

Underneath the tooth’s outer enamel and within the dentin is an area of soft tissue called the pulp, which carries the tooth’s nerves, blood vessels and connective tissue. Root canals are very small, thin divisions that branch off from the top pulp chamber down to the tip of the root. A tooth has at least one but no more than four root canals.

What causes the pain?

When the pulp becomes infected due to a deep cavity or fracture that allows bacteria to seep in, or injury due to trauma, it can die. Damaged or dead pulp causes increased blood flow and cellular activity, and pressure cannot be relieved from inside the tooth. Pain in the tooth is commonly felt when biting down, chewing on it and exposure to hot or cold foods and drinks.

Why root canal therapy is needed

Root canal therapy is necessary because the tooth will not heal by itself. Without treatment, the

infection will spread, bone around the tooth will begin to degenerate and the tooth may fall out.

Pain usually worsens until one is forced to seek emergency dental attention. The only alternative is usually extraction of the tooth, which can cause surrounding teeth to shift crookedly, resulting in a bad bite. Though an extraction is cheaper, the space left behind will require an implant or a bridge, which can be more expensive than root canal therapy. If given a choice, it’s always best to keep original teeth.

What is a root canal procedure?

A root canal is a procedure done to save the damaged or dead pulp in the root canal of the tooth by cleaning out the diseased pulp and reshaping the canal.

The canal is filled with a rubberlike substance called gutta-percha or another material to prevent recontamination of the tooth. The tooth is then permanently sealed, with possibly a post and/or a crown made of porcelain or metal alloy. This enables patients to keep the original tooth.

What is involved in root canal therapy?

Once the general dentist performs tests on the tooth and recommends therapy, he or she can perform the treatment or refer the patient to an endodontist (a pulp specialist). Treatment usually involves one to three appointments.

First, the patient will probably be given a local anesthetic to numb the area. A rubber sheet is then placed around the tooth to isolate it. Next, an opening is drilled from the crown into the pulp chamber, which, along with the root canal, is cleaned of all diseased pulp and reshaped.

Medication may be inserted into the area to fight bacteria. Depending on the condition of the tooth, the crown may then be sealed temporarily to guard against recontamination, the tooth may be left open to drain or the dentist may go right ahead and fill the canals.

If the patient is given a temporary filling, usually on the next visit it’s removed and the pulp chamber and canal(s) are filled with gutta percha

or another material to prevent recontamination.

If the tooth is still weak, a metal post may be inserted above the canal filling to reinforce the tooth. Once filled, the area is permanently sealed. Finally, a gold or porcelain crown is normally placed over the tooth to strengthen its structure and improve appearance.

What are the risks and complications?

More than 95 percent of root canal treatments are successful. However, sometimes a procedure needs to be redone due to diseased canal offshoots that went unnoticed or the fracture of a filing instrument, both of which rarely occur. Occasionally, a root canal therapy will fail altogether, marked by a return of pain.

What happens after treatment?

Natural tissue inflammation may cause discomfort for a few days, which can be controlled by an over-the-counter analgesic. A follow-up exam can monitor tissue healing. From this point on, brush and floss regularly, avoid chewing hard foods with the treated tooth and see a dentist regularly.



Legally Speaking



Office of the Staff Judge Advocate at http://www.apg.army.mil/apghome/sites/installation/Staff_Judge/index.html

Soldiers desiring to designate ‘Another Person’ as beneficiary of \$100,000 Death Gratuity must act before Sept. 30

OSJA

Recent changes to the statute which affects who is authorized to receive the \$100,000 death gratuity payment now

allow Soldiers more options.

The death gratuity is a one time \$100,000 lump sum payment paid upon the death of active duty (and in some cases,

reserve component) Soldiers to help survivors readjust and meet immediate expenses.

Prior to the change, which took effect on May 25, 2007,

upon a Soldier’s death, the gratuity was paid as follows:

- To the Soldier’s lawful surviving spouse.
- If there is no spouse, to the

child or children of the Soldier, regardless of age or marital status, in equal shares.

- If none of the above, to the parents, or brothers and/ or sisters, or any combination as designated by the deceased Soldier. The definition of parents, brothers, or sisters could include--father or mother through adoption, any person who stood “in loco parentis” (in place of a parent) for not less than one year at any time before the deceased Soldier’s entry into active service, and brothers and sisters of half blood and those through adoption.

- If no spouse, children, or designation, to the surviving parents, in equal shares.

- If no spouse, children, designation, or surviving parents, to brothers and sisters, in equal shares.

Prior to the change, the death gratuity would not be paid to any other person when there were no survivors as listed above. The new change allows Soldiers to designate one beneficiary (only one) to receive up to 50 percent of the total \$100,000 death gratuity. Soldiers can designate up to the maximum of 50 percent in 10 percent increments (between \$10,000-\$50,000). This designation can be someone other than an individual listed in the

previous paragraph to include people who were not eligible for the death gratuity such as a fiancé or fiancée, companion, ex-spouse, friend, grandparent, or grandchild. The undesignated portion of the death gratuity will be paid to the Soldier’s living survivors in the order of precedence, as described, just as it would have been had no “other” beneficiary been designated.

For the designation to be valid, Soldiers must complete a Department of Defense (DoD) Form 93, Record of Emergency Data. This form can be filled out and submitted at the nearest personnel service center. To be valid, the designation must be made between May 25 and Sept. 30, 2007. Designations of beneficiaries made under the prior, unrevised law are still valid; however, any attempts to designate “another person” made incorrectly prior to May 25, 2007, will not be effective.

For more information on the recent changes to the death gratuity contact the staff of the Client Services Division, Office of the Staff Judge Advocate. The office is located on the 3rd floor of building 4305, Susquehanna Avenue and is open from 8 a.m. to 1 p.m., Monday through Friday. Direct telephone inquiries to 410-278-1583.

Applying for law school at government’s expense

OSJA

The Office of the Judge Advocate General is now accepting applications for the Army’s Funded Legal Education program. Under this program, up to 15 Army officers may be selected to attend law school at government expense while on active duty. Because of possible funding limitations participation will be contingent on availability of funds.

Selected participants in the FLEP will attend law school at either their state’s-supported school or a school that grants military members in-state tuition beginning the fall of 2008 and remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General’s Funded Legal Education Program) to determine their eligibility.

This program is open only to active duty commissioned officers in the rank of second lieutenant through captain and must have at least two but not more than six years of active duty at the time legal training commences.

Further eligibility requirements are governed by statute (10 U.S.C. 2004) and are non-waiverable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer’s branch manager at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1. Submission of the application, well in advance of the deadline, is advised.

Interested officers should contact Maj. Richard Hatfield, deputy staff judge advocate, or Nora L. Farrell, paralegal specialist at 410-278-1112/1107, respectively.

APG 2012, heroes recognized at August Well-Being

Story by
HEATHER TASSMER
APG News

A new vision for Aberdeen Proving Ground, “APG 2012” and the APG’s installation commander’s recognition of police officers were the highlights of the Well-Being Council meeting Aug. 16 at the Post Chapel.

During opening comments, Col. Jeffery Weissman, APG Garrison and installation deputy commander, said he has learned a lot about APG and the many changes the installation will experience in the upcoming years.

“It’s an exciting time to be here,” Weissman said. “There are transformations on many fronts.”

He said these changes involve many base realignment and closure and non-BRAC activities including consolidation and expansion of APG organizations, program infrastructures upgrades and modernizations.

“I think you are going to see a lot of quality of life initiatives,” he said. “The [commanding general] has really charged me and my staff and the entire installation staff as well to tie all of these initiatives together in a way that we can develop a vision of what APG is going to look like in the years to come and we’re calling this vision, this transformation ‘APG 2012.’”

Weissman said that the APG community will be hearing about and seeing efforts of this vision in the coming months and years including construction throughout the installation, upgrades to gates and roadways and changes in community services.

Maj. Gen. Fred D. Robinson, commander, APG and the U.S. Army Research, Development and Engineering Command, echoed Weissman’s comments and said that these changes include an increase in the workforce population of both APG North and South.

“The populations coming in are extremely competent individuals,” Robinson said. “Most of them are coming from Fort Monmouth and others are coming from D.C. When we talk about 2012 a lot of people say ‘that’s a long way down the road.’ 2012 will be here before most of us know it,” he said.

Robinson introduced Command Sgt. Maj. Hector G. Marin, who is new to RDECOM and said that Marin would focus internally and externally on RDECOM and APG.

Robinson said he attended the Well-Being meeting not only to support the installation but to recognize “four heroes.”

He said that after he and his wife, Reva, returned home from Havre de Grace fireworks on the Fourth of July holiday, a thunderstorm started. He

said that they said to each other, “I hope no one is left on the water.”

“Unbeknownst to us, there were people left on the water, and people taking action,” Robinson said.

He praised the APG police officers for saving passengers on two boats who had run aground near Bear Point and presented them with RDECOM commander’s coins. The Well-Being attendees gave the police officers a standing ovation.

(For more details on the presentation and boat rescues, see article below.)

MWR

Ruth Strauss, director of the APG North Child Development Center, updated attendees on the activities an accreditation is bringing to the APG North and South centers.

One of the new programs under the accreditation is Baby Sign, a program “which fosters communication of young children with limited vocabulary,” Strauss said.

Another part of the program is training CDC caregivers and parents on sign language, she said.

Strauss said in the fall the staff will communicate with the parent support group so they can set up a workshop for the program.

She said that the state of Maryland has recognized the CDC creative curriculum as a “recommended preschool curriculum.”

“What that means is that all of the goals and objectives that are out in the community and school system curriculum are the same ones we are presenting and working on in our program,” Strauss said. “When they go to kindergarten, they are ready to learn. They have the skills down. Everything we are doing is mirrored in the school system.”

Another benefit of the accreditation is that the learning centers will receive “technology learning centers,” Strauss said.

The furniture and computers are geared toward the young learner’s age and needs, Strauss said.

“The centers are all designed with software for the young learner to participate and do the programs” she said.

Another program available through CDC is Smart Start, a program in which parents and children play sports together and children learn basic skills, Strauss said.

Smart Start is a partnership program with Child and Youth Services Youth Sports, she said.

The CDC’s new programs will be assessed by the National Association for the Education of Young Children, Strauss said.

She invited others to visit the CDCs and share their talents with the children.

Three thousand tickets for the

Army Concert Tour Sept. 29 featuring Montgomery Gentry, Joe Nichols and Shaunna Bolton have been sold. Tickets cost \$20 for active duty military.

AAFES

Debbie Armendariz, manager of the APG Army and Air Force Exchange Service, told the attendees that Bill Bates, a local author of “Images of America: Aberdeen Proving Ground,” had a book signing at the Post Exchange Aug. 15.

She said she still has autographed books for sale.

Armendariz said that the PX is holding a Toyland Grand Opening Fiesta Sept. 14 through 16.

She answered a question that was asked at last month’s meeting about gas prices, and told attendees that stations outside the installation are surveyed each morning. APG stations are a day behind the outside stations.

She said that APG is scheduled to receive new pumps and that they would be installed in about two months.

Commissary

The commissary will hold a case lot sale Sept. 13 through 15.

The Seafood Road Show will visit the commissary Sept. 14 through 16 and will offer a more expensive variety of seafood.

The commissary is holding the “What’s in Your Closet” campaign to encourage APG community members to buy nonperishable supplies and be prepared for hurricanes.

KUSAHC

Lt. Col. Ron Patterson, deputy commander of administration for Kirk U.S. Army Health Clinic, thanked everyone for their patience when the clinic closed early July 18 for Capt. Maria Ortiz’s burial service in Arlington, Va.

Patterson updated attendees on the referral process and said that patients have the opportunity to receive an authorization before they leave the clinic.

“We have just about every provider in our clinic on that program,” he said. “If you are referred outside our clinic, you go to our referral management center and they process your referral so you can make an appointment when you leave the clinic. It does take ten or fifteen minutes so you do have to wait a little bit.”

If patients have an extra referral it could take an additional 10 minutes.

Patterson said an exception to this program is if a patient is referred to a military treatment facility. He said these referrals take about three days to get approved or denied.

Patterson said construction has begun at KUSAHC on a mobile MRI unit that will travel around the APG community once a month.

The KUSAHC staff is coordinating with Fort Meade and Walter Reed Army Medical Center to implement the unit, which is slated to start circulating around the community in September, Patterson said.

He said that he is aware that patients experience difficulty getting through to the call center, and the staff is working on improving the center.

Patterson encouraged Soldiers to get screened for Mild Traumatic Brain Injuries, and said KUSAHC is the point of contact for questions or concerns.

The next Health Education meeting will be 5 to 7 p.m., Sept. 6, at KUSAHC’s Readiness Training Center.

DIO

The Directorate of Installation Operations’ Housing Division was informed it will be receiving funding that will be used for projects in the housing areas such as shutters, chimneys and windows.

Pat Hector, director of the Housing Division, thanked the Garrison staff for “pushing hard to get the funding.”

DLES

Detective Mike “Big Mike” Farlow, community policing/crime prevention specialist, told attendees that he would be conducting Drug Abuse Resistance Education classes again this year, and that the program is expanding to include middle school students in addition to the CDC and elementary school children.

He said he is also coordinating with D.A.R.E. officials to hold a D.A.R.E. Dance at APG. Professionals from Baltimore area studios will teach the free classes at the CYS studio and at the end of the program, one or two students will receive scholarships, he said.

He said the result of the “Click It or Ticket” program DLES conducted from April 3 through June 3 was 95 percent compliance which is “right on par with the state.”

“We’re above the state recommendations so we are doing good with that,” Farlow said.

Robert Krauer, director of DLES, told the attendees that the D.A.R.E. program has been “remarkable these past couple years,” and that Farlow was nominated for D.A.R.E. Officer of the Year for Maryland.

Krauer addressed the issue of the “improper storage of recreational vehicles in the housing areas.” He said that DLES has been monitoring the issue and tagging vehicles that are improperly stored.

“This morning I got word back

that people have complained that we tagged the vehicles and they have no place to park them so I’m going to coordinate with MWR and make sure we do in fact have places to store vehicles, Krauer said. We don’t want to tow someone’s boat away if there is no place to put it.”

Marni Allison, MWR, said that APG community members must come to the Community Recreation Division and request a spot and that the process takes a few days to make arrangements for a space.

He reminded attendees to use caution around school buses and that if drivers don’t stop when the buses’ lights are flashing, they will receive a \$300 fine.

Krauer also reminded attendees to continue to be DLES’ “eyes and ears” in the housing areas and report criminal activity. He said that vacant quarters have been the hot spots for broken windows and other acts of vandalism.

Open forum

Garrison Command Sgt. Maj. Pedro Rodriguez updated attendees on the housing issues that were discussed at the July Well-Being Council meeting.

Rodriguez said he called and reported noise violations to DLES, and patrols have increased in the housing areas during weekends and after hours to help minimize issues.

Rodriguez said that he had a meeting with most of the area coordinators to “try to get more structure in the housing area and set up a chain of command within the housing area.”

He said that resolving all of the issues in the housing area is going to take some time.

“It’s systems that we are trying to fix not just problems. Please be patient,” Rodriguez said.

Retiree Council

Barry Decker, co-chair of the APG Retiree Council, said APG Retiree Appreciation Day will be held 8 a.m. to noon, Oct. 20. James Adkins, Maryland state secretary for Veterans Affairs, will be the guest speaker.

For more information about Retiree Appreciation Day, contact Janet Dettweiler, 410-306-2301.

OSJA

Maj. Richard Hatfield of the Office of the Staff Judge Advocate, said magistrate court has been suspended and will resume no earlier than November.

“This doesn’t mean that your fines will not be dealt with,” Hatfield said.

He said to call the OSJA office, 410-278-1107, for questions about court dates.

The next Well-Being Council meeting will be 9:30 a.m., Sept. 20, at the Post Chapel.

APG police officers honored for boat rescues

Story by
HEATHER TASSMER
APG News

Four police officers were recognized at the Well-Being Council meeting Aug. 16 for rescuing boaters July 3.

Maj. Gen. Fred D. Robinson, commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command, presented commander’s coins to officers Glenn Sheckells and Scott Kotlowski from the Directorate of Law Enforcement and Security’s Marine, Wildlife and Environmental Law Enforcement Division and Officer Richard Norman and Lt. Barry Barnett from the Police Services Division for rescuing passengers on two boats in July.

“They don’t want to get recognized for what they’ve done, but they have made a tremendous difference to lives and that’s what makes the team great,” Robinson said. “They are dedicated individuals who have done what needs to be done.”

Special Agent Ralph Plummer, chief of the Marine, Wildlife and Environmental Law Enforcement Division, said that Sheckells and Kotlowski had just finished their tour of duty when they heard a U.S. Coast Guard call on their radio around 10 p.m. requesting a search and rescue after a boat had ran aground.

The Coast Guard and APG officers were unsure of the boat’s location so the officers had to triangulate or navigate their way to the boaters and found them near Bear Point, he said.

“This area is notorious for rock strewn bar,” Plummer said. “It is common for boaters to run aground there because they follow the shorelines at night.”

He said that the weather brought about an even bigger challenge for the rescuers because they experienced a thunderstorm with 20 to 25 mph winds.

The officers found that four people were on the boat, and as they were attempting to get a tow line on it, another boat ran aground at the end of the sandbar, he said.

After communicating with the second boat by VHF radio, the officers found out that nine people were on the boat and one was a 10-week-old and another was a pregnant woman, Plummer said.

The boaters told police they were just returning from seeing fireworks.

The second boat dropped anchor and the police officers towed the first boat to the APG dock. Then Barnett and his squad escorted the boaters to safety because they were located in a

secure area. Kotlowski jumped overboard while wearing a life preserver and stayed with the second boat, Plummer said.

Kotlowski said that he and Sheckells made the decision that he should jump overboard because it was the only way to get to the other boat and assess injuries.

Sheckells asked Norman for help and they returned to meet Kotlowski who had stayed with the boaters to calm them down, Plummer said.

The second boat’s anchor line broke, adding yet another challenge to the rescue and the police couldn’t get to the boat to secure it so it was blown farther into the rocks, Plummer said.

“Officer Sheckells called the Coast Guard to dispatch a helicopter and found out the closest was at Cape May, New Jersey,” he said.

Plummer said when the helicopter arrived, the CG swimmer told the officers that he could only make a lift of three people and he would have to refuel.

Barnett coordinated with employees from Phillips Air Field so that the helicopter could refuel there, Plummer said.

After Kotlowski and the boaters were safely lifted from the area near Bear Point, the officers drove the boaters to their homes in the Perry-

man area around 4:30 a.m., he said.

Plummer said that all of the officers were very professional in their tasks and worked well together as a team.

The rescuers said they were honored Robinson recognized them at the Well-Being meeting.

“It’s nice to be recognized [for our efforts] but it’s a shame to pick out just a few of the people that were involved,” Sheckells said.

He said the airfield and Coast Guard staffs, security and patrol officers also were very helpful in the rescues.

Kotlowski echoed Sheckells’ comment.

“I feel very honored but I don’t look for recognition,” he said. “This is what we get paid to do.”

Sheckells gave safety advice to boaters to prevent incidents like the ones on July 3 from happening.

“The biggest thing about the Chesapeake Bay is having familiarity,” he said. “Unlike other bodies of water, it is shallow and rocky.”

Sheckells said it is important that boaters plan their trips before they take them and if they haven’t been boating in the bay before, they should do so during the day.

“Unlike a car there are no lines to follow at night,” he said.

Women

From front page

Army Medical Research Institute of Chemical Defense, and Laura Pitts, U.S. Army Material Systems Analysis Activity, with 57 and 47 years of service respectively.

David J. Shaffer, deputy to the RDECOM commander, thanked those who put the program together, then introduced the commander, reviewing his many assignments and awards.

“He brings a wealth of experience to our operation,” Shaffer said.

Robinson commented on the “tremendous contributions and changes,” he has witnessed in the Army during his career.

“The Army has gone from a completely male dominated society to one filled with educated, professional women,” he said.

He talked about his mother who worked in an airplane factory after graduating from high school during World War II.

“She was truly a Rosie the Riveter,” he said. “Consider what we thought of women’s capabilities at that time.”

He said that women’s contributions have stood out in history since the Revolutionary War and that women during World War II in particular, “planted the seed of change” in how women would be viewed from then on.

“We’ve moved forward and now you see that in the workforce we have today,”

Robinson said.

Citing Brig. Gen. Rebecca Halstead, commander of the U.S. Army Ordnance Center and Schools, as an example, Robinson said that, “In the Army today, females are no longer chosen for positions because we needed a female, but because they are the most qualified and most capable.”

“Today in Baghdad, there are female Soldiers manning checkpoints,” Robinson said, “And the people there have a hard time understanding how we could place confidence in females.”

He commended the female work force for carrying on the standards that were set by those who came before them.

“Think of the opportunities you’ve given to other young

women,” he said. “What you have done and what you will do will completely make a difference.”

Nominees for Outstanding Woman of the Year included Laura Siedlarczyk, CHPPM, and Christina Shapiro, AMSAA. Supervisor/Manager of the Year nominees included Jane Byrnes, Kirk U.S. Army Health Clinic and Dr. Aileen Tobin, OC&S.

AEC and AMSAA were nominated for Activity Most Supportive of FWP Goals.

The annual FEW scholarship award went to Brittany Ash, a Department of Justice employee in her junior year at the University of Maryland Baltimore College. Melissa Smith, vice-president, Maryland Tri-County Chapter, Federally Employed Women,

presented the \$2,000 check.

“It is my honor to present this check to such a deserving member,” Smith said.

Robinson presented APG 90th Anniversary coins and certificates of appreciation to all nominees; winners received plaques and certificates of appreciation.

The honorees said they were proud to be recognized.

“I am just fortunate to work for a fantastic command,” Beyer, said.

Donna Doganiero accepted the award for CHPPM. On behalf of the commander, she said the organization continues to place women in leadership roles.

“We appreciate the recognition of what we do at CHPPM to promote diversity,” she said.

Alvey thanked AEC and her husband and children, who

were in attendance.

“They have always been my support channel,” Alvey said.

She also thanked CHPPM and her co-worker Christine Convery who nominated her.

“This award personifies my commitment to FWP. It’s been a pleasure for me to be a part of AEC and APG,” she said.

Siler thanked the FWP committee and selection panel and all others who helped with the program, including representatives from the League of Women Voters who greeted visitors in the lobby offering them the opportunity to register to vote.

The 389th Army Band (AMC’s Own) woodwind quintet provided music and the CHPPM color guard posted and retired the colors.



KUSAHC observes ergonomics in September



Photo by Daryl Kauffman, industrial hygienist at Kirk U.S. Army Health Clinic, measures the distance between chief of the Industrial Division Mike Donnelly's eyes and his computer screen. KUSAHC is observing ergonomics and exercise safety during September.

Story and photo by
HEATHER TASSMER
APG News

Kirk U.S. Army Health Clinic is promoting workstation ergonomics throughout September.

Ergonomics is the study of equipment designed to improve efficiency, comfort and safety.

During ergonomic surveys, a staff member from KUSAHC's Industrial Hygiene Division checks out employees' workstations and looks for items or equipment that could contribute to a musculoskeletal injury.

Poor ergonomics at a workstation can lead to carpal tunnel syndrome and back pain, said Daryl Kauffman, KUSAHC industrial hygienist.

In 2004, more than 402,000 musculoskeletal injury cases with days away from work were reported, according to the National Institute of Occupational Safety and Health.

On average, workers spent 10 days away from work due to musculoskeletal injuries, according to NIOSH.

Kauffman said keeping ergonomics in mind and preventing injuries is important because "the Army depends on its people."

"If someone has an injury and misses work, then another person has to take their place," he said. "It cuts down on efficiency. The Army tries to keep everyone well and one-hundred percent [healthy.]"

Sometimes patients have several

surgeries in attempt to correct carpal tunnel syndrome, Kauffman said.

"According to the National Institute of Health, full recovery from the surgery can take months," he said. "There may also be loss of feeling or strength in their wrists and they should undergo physical therapy to restore wrist strength. Some patients should then adjust job duties or even change jobs after recovery from surgery to prevent a reoccurrence."

Another common injury workers suffer from is back injuries, Kauffman said.

"The number one injury in the United States is back injuries," he said. "You don't have to be old to have a back injury."

He said some people can develop an injury from improperly picking up something heavy and he gave some advice on preventing a back injury when lifting.

"When you lift a box or a package, keep it close to you as much as possible," Kauffman said. "Then slip your fingers underneath it and keep your back straight as you lift. If possible, use handles on the side of the box. Use your legs to lift, not your back."

Kauffman said when he conducts ergonomic surveys of computer workstations and speaks with workers one of the most common problems he encounters are improper adjustments of desk chairs.

Kauffman said that workers can lower or raise their chair to complement their heights.

"You have our permission to make it comfortable for you," he said.

After finding a chair that does not fit a worker's size and cannot be adjusted, the Industrial Hygiene Division staff can attempt to recommend one that does, Kauffman said.

Another issue of the APG work-

force is that workers have trouble knowing when to take a break and leave their desks, he said.

"People are chained to their desks," Kauffman said. "They are doing a lot of data entry and typing."

Mike Donnelly, chief of KUSAHC's Industrial Hygiene Division, added, "It's a hard habit to break. With the Army doing more with less workers, everyone has very full days to get things done and people are staying longer at their desks."

Workers may feel pain in their hands, wrists and arm muscles from working at their desks for too long, Kauffman said.

NIOSH recommends a 15-minute break after two hours of continuous video display terminal work or computers and 15 minutes of rest after an hour of "high visual demands or repetitive work tasks."

Donnelly suggested alternating between working at the computer and filing paperwork to prevent musculoskeletal disorders.

He also suggested walking down the hall to ask coworkers a question instead of calling them.

"That way you're getting up from your desk and using some muscles," Donnelly said.

In addition to improper chair adjustment and not enough rest, Kauffman also finds that improper lighting is a hazard during ergonomic surveys.

"I have been finding that light levels at workspaces are below recommended standards," he said. "This could be due to energy conservation and using lower wattage reduced light bulbs. This is bad for eyesight."

Too much light can also put a strain on eyes, Kauffman said.

"If you work in front of a window, make sure the window has curtains," he said. "This will help in diffusing the incoming light and not have it be so harsh and glaring."

To schedule a workstation assessment, contact the Industrial Hygiene office, (APG North) 410-278-1739 or (APG South) 410-436-5843.

Commentary: Tips on making a workstation comfortable for your back

By
DARYL KAUFFMAN
KUSAHC

The spine is not exactly as straight as a rod but more like the letter "S." While you have two legs to distribute the weight of the torso, you only have one spine to support the torso and its associated muscles.

When standing, if the back becomes uncomfortable, move. One thing that can be done is to stand on an anti-fatigue mat and to shift your weight by placing one foot on a rung or bottom shelf of what you are standing in front of and then change feet once that becomes uncomfortable.

When sitting down, if the chair does not support your back because of an inadequate lumbar support or the seat pan is too deep, your spine is supporting your weight and not the chair. Adjust the chair for optimum support of your back and legs. Your feet need to be flat on the floor or on a foot support.

Static posture, whether it is sitting or standing, can lead to back pain. Take breaks, stretch and move around to avoid a cumulative back injury.

TRICARE reminds beneficiaries to be prepared before disaster strikes

TRICARE

Preparing for a disaster ahead of time may alleviate some stress people may face during a storm and ease the burden on Family and loved ones. A few simple steps will help military Families prepare for storm season or any disaster.

TRICARE officials remind their 9.1 million beneficiaries worldwide to make a plan as a Family and keep in mind several simple things.

Keep basic items such as water, non-perishable food, a

battery-powered radio, flashlights and first-aid items in an emergency kit.

Because medical help may not be immediately available during a natural disaster, be sure to pack all [of the Family's] health related items in a waterproof emergency kit. These items could include:

- Copies of each Family member's uniformed services ID card (or sponsor's name and Social Security number, Family members' names, addresses, phone numbers, etc.);

- Copies of each Family member's Medicare card or other health insurance card, if applicable;
- Copies of medical records for each Family member;
- List of each Family member's primary care manager other doctors names and phone numbers;
- Emergency contact names and phone numbers;
- List of other important phone numbers, including regional contractor, Medicare, and Express Scripts (the TRI-

CARE Pharmacy contractor);

- List of each Family member's prescription medications and their doses, in case they need to be replaced;
- List of each Family member's allergies;
- A properly-stored 30-day supply of all prescription medications for each Family member;
- For those who require Insulin, a 30-day supply as well as proper storage to keep it cool;
- Nonprescription drugs, such as pain relievers, anti-diarrhea

medication, antacid, laxatives, bug spray, itch control, etc.;

- List of medical devices' style/model and serial numbers, such as pacemakers;
- Extra wheelchair batteries or other special equipment; and

- Extra eyeglasses and hearing-aid batteries.

For more information and valuable tips, visit TRICARE's Disaster Relief Web page www.tricare.mil/DisasterRelief/index.cfm.

Manufacturers of some diabetes drugs to strengthen warning on heart failure risk

FDA

The U.S. Food and Drug Administration announced Aug. 14 that manufacturers of certain drugs approved to treat Type 2 diabetes have agreed to add a stronger warning on the risk of heart failure, a condition that occurs when the heart does not adequately pump blood.

The information will be included in the form of a "boxed" warning, FDA's strongest form of a warning. The upgraded warning emphasizes that the drugs may cause or worsen heart failure in certain patients.

After a review of postmarketing adverse event reports, FDA determined that an updated label with a boxed warning on the risks of heart failure was needed for the entire thiazolidinedione class of antidiabetic drugs. This class includes Avandia (rosiglitazone), Actos (pioglitazone) Avandaryl (rosiglitazone and glimepiride), Avandamet (rosiglitazone and metformin), and Duetact (pioglitazone and glimepiride).

These drugs are used in conjunction with diet and exercise, to improve blood sugar control in adults with type 2 (non-insulin-dependent) diabetes.

FDA had asked the drug's manufacturers, GlaxoSmith-Kline and Takeda, to address these concerns.

"Under FDA's postmarketing surveillance program, we carefully monitor new safety information for marketed drugs and take appropriate action when necessary to inform patients and health care providers of new information," said Steven Galson, M.D., M.P.H., director of FDA's Center for Drug Evaluation and Research. "This new boxed warning addresses FDA's concerns that despite the warnings and information already listed in the drug labels, these drugs are still being prescribed to patients without careful monitoring for signs of heart failure."

FDA's review of adverse event reports found cases of significant weight gain and edema-warning signs of heart failure. In some reports, FDA noted, continuation of therapy has been associated with poor outcomes, including death.

The strengthened warning advises health care professionals to observe patients carefully for the signs and symptoms of heart failure, including excessive, rapid weight gain, shortness of breath, and edema after starting drug therapy. Patients with these symptoms who then develop heart failure should receive appropriate management of the heart failure and use of the drug should be reconsidered.

People who have questions should contact their health care providers to discuss alternative treatments.

The warning also states that these drugs should not be used by people with serious or severe heart failure who have marked limits on their activity and who are comfortable only at rest or who are confined to bed or a chair.

FDA's review of Avandia and possible increased risk of heart attacks is ongoing. On July 30, FDA's Endocrine and Metabolic Advisory Committee and the Drug Safety and Risk Management Advisory Committee recommended that Avandia continue to be marketed, and further recommended that information be added to the labeling for risk of heart attacks (ischemic risks).



MORALE, WELFARE & RECREATION

Activities/Events

Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Parkway). Shows are open to all DoD ID card holders.

Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

Columbia shows

Three shows include Titanic, through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

Do-it-yourself New York City tours

MWR has scheduled several trips to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

Trips will take place Sept. 15, Oct. 20 or Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

Sesame Street Live

Tickets for Sesame Street Live: When Elmo Grows Up will be held Sept. 13 through 16, at the 1st Mariner Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$16.50 each for Opening Night Special and \$18 each for Sept. 14 to 16.

Even the adorable wonder puppet Elmo ponders what it will be like when he's an adult. Join Elmo and his neighborhood friends as they explore the endless, exciting possibilities in

Sesame Street Live: When Elmo Grows Up.

Open to all DoD employees. For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Dover 400 Nextel Cup Race

The Dover 400 NASCAR Nextel Cup Race will be held 1:30 p.m., Sept. 23, at Dover International Speedway located on 1131 N. Dupont Highway, Dover, Dela. Only a limited number of tickets are available.

Tickets cost \$86 each for reserved grandstand seats (section 199 turn 2, rows 18-24); value seats (section 199 turn 2, rows 5 through 10) cost \$57 each; and the Busch Series general admission for the Sept. 22 race costs \$39 each (children 11 and under get in free with each paying adult).

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

For more information or to purchase tickets, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Disney High School Musical on ice

Tickets are available for Disney High School Musical: The Ice Tour, Nov. 2 through 4, at the 1st Mariner Arena, Baltimore.

For more information, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, or e-mail mwr_registration@apg.army.mil.

Sports

Last day to sign up for Pepsi Punt, Pass and Kick Competition

Boys and girls, ages 8 through 15 can register for the Punt, Pass and Kick Competition, 1 p.m., Sept. 15 (rain date, Sept. 22). The deadline for entry is Sept. 6. There is no cost for the competition which will be held at the APG Youth Flag Football/Soccer Field on Bayside drive next to the Aberdeen Youth Center, building 2522. Participants must fill out an entry form, at the APG North or APG South Youth centers. A valid birth certificate and parental signature are required.

For more information or to enter, call Eric Henderson, 410-278-4995 or Anne Sweeney, 410-436-7131.

Start Smart Soccer for youths

Youths ages 3 and 5 can register for Start Smart Soccer through Sept. 10, at Youth Centers in Aberdeen North, building 2752 and Aberdeen South, building E-1902. Children must be age 3 by the time the program begins.

Soccer will be held 5:30 to 6:30 p.m., Mondays, beginning Sept. 17. The program will last six weeks. The Start Smart Soccer program is designed to teach basic soccer skills in a non-competitive environment. The major benefit of the program is that parents will quality time with their child.

Registration will be held by appointment at CYS central registration, building 2752, 410-278-7571/7479, or call

Bill Kegley, 410-306-2297; or call Anne Sweeney, the CYS Edgewood Youth Center, building E-1902, 410-436-7131.

Senior Club Championship

Ruggles Golf Course will hold a Senior Club Championship for ages 55 and older, Sept. 15 and 16, with an 8 a.m. start. There will be men and ladies divisions. The championship is open to all annual patrons. The entry fee costs \$40 and includes range balls, cart, prizes and continental breakfast on first day, hot dog with soda on the turn both days, and appetizers with beverages after second day play. The tournament will be flighted according to handicap. Participants must have a USGA handicap to enter.

For more information or to register, call 410-278-4794, or visit the Pro Shop at Ruggles.

Fall, winter leagues forming

Bowlers don't have to be good to have fun.

All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Monday Nite Mixed League is limited to the first eight teams, three members per team, any combination. Bowling starts 6 p.m., Sept. 24, for \$10 per person per week for 12 weeks. Cash prizes are awarded at the end of league.

The Monday Nite Football Widows starts 6 p.m., Sept. 24, three members per team, for \$10 per person per week for 10

weeks. Cash prizes awarded at the end of league.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies awarded at the end of league.

Wednesday Mixed will start at a time to be determined. Teams include two men and two women.

Thursday National Guard includes three men and one woman, two men and two women, or three women and one man. The league will meet 7 p.m., Sept. 6, and will begin bowling 7 p.m., Sept. 13.

Friday Fun Bunch includes three men and one woman, three woman and one man, or two men and two women. The league will meet 6 p.m., Sept. 7. The cost and start time will be determined.

Saturday Youth League starts 9:30 a.m., Sept. 8. This is an opportunity for youths to come out and meet new friends, enjoy parties, giveaways and more throughout the season. There will be a banquet at the end of league. Everyone is guaranteed something.

Sunday Trio is limited to the first 10 teams, any combination, two men and one woman, two woman and one man, three men, or three women. Bowling starts 1 p.m., Sept. 23, for \$10 per person per week for 10 weeks.

Lunch is served daily. Weekly lunch specials are advertised in the APG News every week.

For more information, call the APG Bowling Center, 410-278-4041.

Pennsylvania Renaissance Faire tickets available

Tickets are available for the 2007 Pennsylvania Renaissance Faire, located on 2775 Lebanon Road, Manheim, Pa.

Tickets cost \$26.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends through Oct. 28.

For more information or to purchase tickets, call the MWR Leisure Travel office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Maryland Renaissance Festival tickets available at MWR

Discount tickets for the Maryland Renaissance Festival cost \$14 for adults ages 16 and older and \$7.75 for children ages 7 to 15. Prices at the gate cost \$18 for adults and \$8 for children.

The festival is open weekends, 10 a.m. to 7 p.m., through Oct. 21. The Maryland Renaissance Festival is located on 1801 Crownsville Road in Annapolis. Handicapped parking is available next to the main gate. When entering the parking lot, follow the signs to the designated handicapped parking area.

For more information or to purchase tickets, call 410-278-4907/4011.



Upcoming Civilian Welfare Fund events/trips

Sept. 15 – Spend the day in New York City at your leisure. Cost of \$35 per person includes bus transportation.

Oct. 5 – Trip to Sight and Sound to see “In the Beginning;” dinner at Hershey Farms

Oct. 20 – Scrapbooking Crop at Top of the Bay

Nov. 9 thru 12 – Trip to the Grand Canyon by railway

Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular

Dec. 1 – Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available, so reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center will sponsor *Smart Start Your Business seminars*. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC will also be discussed.

Seminars will be held 11:30 a.m. to 1 p.m. Sept. 19, Oct. 31 and Nov. 14.

For more information or to RSVP, call 410-278-9669.

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY, or deployments.

Meetings will be held, Sept. 19, Oct. 17, Nov. 14 and Dec. 5.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A *Support Group for Survivors* meets 6 to 8 p.m. each Tuesday. The topic is “Talking it Out.” The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A *Support Group for Adult Survivors of Sexual Abuse* will meet 11 a.m. to 1 p.m. on the second Wednesday of each month. “Let’s Talk About It” provides emotional support, begins the healing process, and shares experiences and resources.

The Relocation Program will hold a *Home Buying and Selling Seminar class*, 11 a.m. to 1 p.m., Sept. 18, at the APG North Recreation Center, building 3326.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

The Exceptional Family Member Program will hold *Another Dynamic Huggable Delightful Child*, 6 to 8 p.m., Army Community Service, building 2754 Conference Room.

This workshop series is open to all service members, DoD civilians, Family members and retirees and will focus on parents who have children diagnosed with Attention Deficit Hyperactivity Disorder.

The workshop is to educate parents on ADD/ADHD, behavior modification and communication techniques.

Dates and topics

- Sept. 6, Getting a Good Assessment
 - Sept. 13, Strategies to Manage Behavior
 - Sept. 21, Strategies to improve learning
 - Sept. 28, Medication Management
- Victim Advocacy APG 24-Hour Hot-lines: Domestic Violence is 410-652-6048; Sexual Assault is 1-410-322-7154.**

APG Bowling Center Snack Bar specials

Building 2342

Week of Sept. 4

Special #1: Egg salad sandwich with lettuce, tomato, potato chips, one cookie and soda for \$3.55.

Special #2: Chicken tender sub with mayonnaise, lettuce, tomato, pickles, onions, cheddar cheese, potato chips, one cookie and soda for \$5.95.

Week of Sept. 10

Special #1: Chicken filet salad served on lettuce, tomato, onions, cucumbers, green peppers, cheese, pickles on the side, potato chips, one cookie and soda for \$5.45.

Special #2: Tuna salad served on lettuce, tomato, onions, cucumbers, green peppers, cheddar cheese, one cookie and soda for \$4.35.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Army Entertainment and Aberdeen Proving Ground MWR

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ARMY CONCERT TOUR

MONTGOMERY GENTRY

with Special Guests

Joe Nichols

and Shaunna Bolton

Saturday, September 29

Aberdeen Proving Ground, MD

Gates open 6 p.m. Show starts 7 p.m.

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For more info 410-278-4907/4621/4011

TTY 410-278-4110

No refunds, concert is rain or shine, lawn seating

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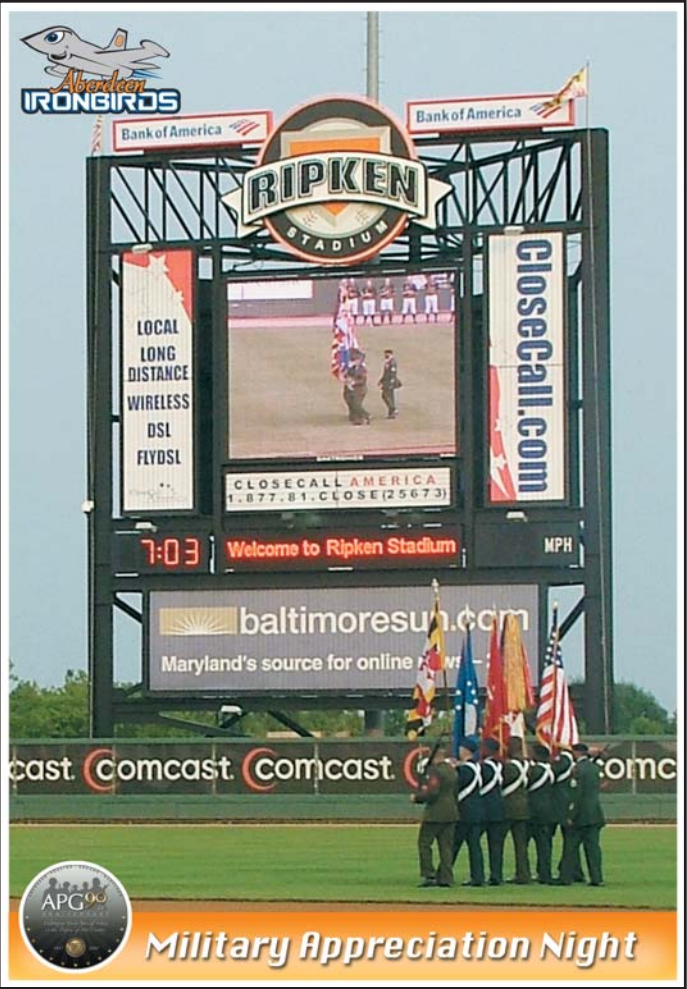
THE 30 LEGIS

BUD LIGHT

CHASE



Photos courtesy of RIPKEN BASEBALL
Aberdeen IronBirds co-owner Bill Ripken, left, presents a plaque honoring the service members of APG to APG and Garrison commander, Maj. Gen. Fred D. Robinson Jr., center, as IronBirds general manager Aaron Moszer looks on.



The U.S. Army Ordnance Mechanical Maintenance School color guard takes to the field at Ripken Stadium during the Military Appreciation Night pre-game ceremony.



APG and Garrison commander, Maj. Gen. Fred D. Robinson Jr., right, accepts a baseball from Aberdeen IronBirds co-owner Bill Ripken after throwing out the first pitch.



Pvt. Corey Sims, Company A, 16th Ordnance Battalion and 2007 APG Talent Search winner, sings the national anthem during the pre-game ceremony at Ripken Stadium.